

## The Greene County Senior Gazette July 2017 “News for Folks Age 60+ & Family Caregivers”

**From the Director’s Desk:** With Summer in full swing, its time to get serious about protecting yourself and your loved ones from the effects of **extreme heat**. Records for high temperatures have already been broken in several states across the nation. July can be one of the hottest months in North Carolina, so what are you doing to keep cool in this heat? Here are 10 Summer Health Tips for Seniors to Beat the Heat: 1) Drink Plenty of liquids 2) Avoid Caffeine and Alcohol 3) Dress appropriately 4) Use Sunblock 5) Stay indoors when the heat is extreme 6) Air Conditioning-if you don’t have one, go where there is one, like your local Senior Center 7) Avoid Extreme Outdoor Heat-don’t wait outside for van transportation or a ride-have them toot the horn when they pull up in the yard 8) Take a cool bath or shower to lower your body temperature 9) Keep you home cool-your home should not exceed 85 degrees for prolonged periods of time 10) Know the signs of heat stroke which are a flushed face, high body temperature, headache, nausea, rapid pulse, dizziness, and confusion. Take immediate action if you feel any of these symptoms coming on. Call 911. Persons **at risk** for heat related illnesses are those with poor circulation, changes in skin due to normal aging, heart, lung, and kidney diseases, high blood pressure, inability to perspire caused by medications, being over or under weight, drinking alcohol. I know a lot of my Senior friends have pets. Make sure that they have enough cool, fresh drinking water, shade if an outdoor pet and maybe even a fan. Some may benefit from a shallow pool to keep cool in. Let them inside if possible to get air-conditioning, if not indoor pets already. Never ever leave a pet locked up in a hot car! It is sad to hear of the number of infants, small children, and pets that lose their lives each year due to being left in hot cars. As always, I hope that you have a happy, safe, and wonderful July 4th Holiday! *S. Harrison-Director*





**Free Box Fan Distribution :** Must reside in Greene County, be at least age 60 or older or with a disabled Adult, must have a home situation where a threat to health and well-being exists. Persons that received fans last year and/or currently have a working Central Air Conditioner, will be placed on a waiting list, to make sure that individuals who do not have fans or another method of cooling the air in their homes will receive fans first. Contact the Greene County Senior Center at 252-747-543 for more information.



**SUPPORT GROUP MEETINGS AT THE GREENE CO. SENIOR CENTER**

- \*Alzheimer's & Family Caregivers Support Group 4th Fridays at 1:30PM Family Caregiver Lending Library available during Business Hours
- \*TOPS-Weight Loss Support Group-Fridays at 10:00AM
- \*Vision Loss Support Group-4th Thursdays at 1:00PM

**HOW MANY MEALS DID WE SERVE???**

May: Congregate Meals-593 Home Delivery-440  
June: Congregate Meals-560 Home Delivery-335  
Additional Meals Purchased



**VOLUNTEER OPPORTUNITIES at the Senior Center:**

Dining Room Assistant, Frozen Meals Delivery, Office Assistant & Receptionist, Activities Assistant, Grounds Assistant , Aging Advisory Committees \*Persons interested in volunteering will need to complete a volunteer application with confidentiality statement and take orientation training for volunteers. Please see someone in the business office for an application, and to schedule orientation.

**Volunteer Opportunities in the Community:** Greene County Community Garden, Office Assistant at Cooperative Extension, Interfaith Food Bank, Greene County Museum, SHIP Counselors, Greendale Forest Nursing Center, Cause N Dog Rescue Animal Care Volunteers. Call 252-747-5436 for more information.

**Nutrition Matters: *Shelina Bonner, Agent***  
***Family & Consumer Sciences Greene County Cooperative Extension***

June is National Dairy Month, but some people may not drink milk because they have an allergy, lactose intolerant, or just do not like the taste of it. However, milk is our body's main source of calcium, which is needed to make strong bones and teeth. If you or a family member aren't drinking milk, don't worry, as there are several other ways to get the calcium your body needs. I personally do not like the taste of milk and I find myself searching for ways to meet my calcium needs. I have started looking for smoothie recipes that are made with yogurt, as one cup of yogurt is the equivalent in calcium to one cup of milk. I began making a different smoothie every day for breakfast. To assure I was also getting enough fruits and vegetables, I began adding these to my smoothies. Bananas, berries, peaches, spinach, and kale are among some of my favorites. I love having my breakfast in one container and eating at least three of the five food groups daily just for breakfast. Lunch was a little more of a challenge, since I did not want to eat a sandwich with added cheese on a daily basis. Finding that broccoli, collards and greens are good sources of calcium, I began adding these to my salads and side dishes. When it was dinner time, I would add some of these vegetables to soups, stews, and casseroles, as well as eat as side dishes or in salad. I found that not only was I getting the calcium my body needed, but that I was enjoying the new and healthy way I was eating. Of course, my family reaped these benefits too. When you go to the grocery store, now you can find soy, almond, and coconut milks that contain calcium but not lactose. These beverages are very tasty and come in different flavors too. You will find that having a lactose intolerance or allergy doesn't have to hurt your calcium consumption. There are many ways to keep your bones and teeth strong. Start by trying this delicious nutritious smoothie recipe!

Ingredients: 1 frozen banana, peeled and sliced, 2 cups frozen strawberries, raspberries, or cherries, 1 cup almond milk, 1/2 cup plain or vanilla yogurt, 1/2 cup freshly squeezed orange juice, 2 to 3 tablespoons honey or to taste

Directions: Put all the ingredients in a blender and process until smooth. Pour into glasses and serve. Cook's note: For non-dairy smoothies, substitute 1 cup rice milk for the milk and yogurt. Or, use soy yogurt or almond milk instead of dairy.

For additional foods, health and nutrition information, contact Shelina Bonner, Family and Consumer Sciences Agent, North Carolina Cooperative Extension-Greene County Center at (252) 747-5831. Source:

<https://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/milk-alternatives/>

<http://www.foodnetwork.com/recipes/food-network-kitchen/frozen-fruit-smoothies-recipe-1914927>

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ACTIVITIES! "LIKE" GREENE COUNTY SENIOR CENTER  
& SERVICES ON FACEBOOK!**